The Dynamics of Theravada Insight Meditation
Topics:

1) Three modern day insight meditation traditions
2) The insight knowledges
3) Insight in the early discourses
Satipaṭṭhāna meditation objects

Mahasi Sayadaw  postures
S.N. Goenka  feelings
Pa Auk Sayadaw  elements
Time dedicated to the formal development of mental tranquillity:

Mahasi Sayadaw: none

S.N. Goenka: some

Pa Auk Sayadaw: much
Topics:

1) Three modern day insight meditation traditions

2) The insight knowledges

3) Insight in the early discourses
The ten insight knowledges 
in the *Abhidhammatthasaṇgaha*

The stages of insight in the *Vimuttimagga* (___Ω◊)

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Comprehension</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Rise and fall</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Dissolution</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Fear</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&amp; disadvantage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&amp; disenchantment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Delight in deliverance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&amp; equanimity</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Conformity</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The stages of insight
in the *Pa_isambhidh_magga*

1. Comprehension, *sammasana*
2. Rise and fall, *udayabbaya*
3. Dissolution, *bha_ga*
4. Fear, *bhaya*
   & disadvantage, *_d_nava*
5. Wish for deliverance, *muñcitukamyat_*
   & equanimity (form.), *sa_kh_rupekkh_*
The insight-knowledges and the three characteristics

1) Comprehension \(\Rightarrow\) all three

2) Rise and fall \(\Rightarrow\) impermanence
3) Dissolution

4) Fear

5) Disadvantage \(\Rightarrow\) unsatisfactoriness
6) Disenchantment
7) Wish for deliverance

8) Reflection

9) Equanimity \(\Rightarrow\) not-self
10) Conformity
Topics:

1) Three modern day insight meditation traditions
2) The insight knowledges
3) Insight in the early discourses
The basic dynamics of insight:

all contemplated phenomena are impermanent

\[\downarrow\]

what is impermanent is unsatisfactory

\[\downarrow\]

what is unsatisfactory is not-self